

New Smart Snacks Regulations

The Health Hunger Free Kids Act of 2010 (HHFKA) ushered in many changes for school meals. It also gave USDA authority to establish nutrition standards for all foods and beverages sold to students in school during the school day.

Beginning Fall 2014, the following regulations will be in place for all foods SOLD to students during the school day. ***The school day is considered midnight until one half-hour after the last bell.***

Any food sold in school must:

- Be a “whole grain rich” grain product; OR
- Have as the first ingredient a fruit, a vegetable, a dairy product or a protein food; OR
- Be a combination food that contains at least ¼ cup of fruit and/or vegetable; OR
- Contain 10% of the Daily Value (DV) of one of the nutrients of public health concern in the 2010 Dietary Guidelines for Americans (calcium, potassium, vitamin D, or dietary fiber) This qualifications goes away on July 1, 2016

Foods must ALSO meet these nutrient requirements (unless it is a fruit or vegetable with low amount added sugar)

- Calorie Limits
 - Snack items must be less than 200 calories
 - Entrée items must be less than 350 calories
- Sodium Limits
 - Snack items must be less than 230 mg (200 mg in 2016)
 - Entrée items must be less than 480 mg
- Fat Limits
 - Total fat must be less than 35% of calories
 - Saturated fat must be less than 10% of calories
 - Zero Trans Fat Grams
- Sugar Limit
 - Less than 35% of weight from total sugars

Entrees originally sold as part of the reimbursable meal are exempt for that day and the next day.

Beverage Standards

- All Schools may sell
 - Plain Water
 - Unflavored low fat milk
 - Unflavored or flavored fat free milk and milk alternatives permitted by NSLP/SBP
 - 100% fruit or vegetable juice and

- 100% fruit or vegetable juice diluted with water (with or without carbonation) and no added sweeteners
- Elementary Schools may sell up to 8 oz portions, middle and high schools may sell up to 12 oz portions.
- High schools may sell caffeinated beverages and beverages up to 20 ounces with ≤ 40 calories per 8 ounces or ≤ 60 calories per 12 ounces.
- 20 ounce beverages must be ≤ 10 calories per 20 ounces.

Fundraisers and Classroom Parties

- The standards do not apply to food brought in for birthdays, parties, and other classroom activities, or a student's cold lunch brought from home.
- The standards do not apply during non-school hours, on weekends and at off-campus fundraising events or for food ordered during the school day and taken home .
- States have the flexibility to set a certain number of fundraisers that can sell foods or beverages that do not meet the nutrition standards. North Dakota has set the limit at 3 exemptions per school building per year with a duration of one day.
- There is no limit on fundraisers that DO meet the new standards.
- Fundraising activities that take place outside of school, such as cookie dough or frozen pizza sales, are exempt from the nutrition standards. Distribution of order forms and the sale of foods not intended for consumption at school may continue.

A product calculator can be found online at: www.healthiergeneration.org/calculator
Enter the snack item nutrients, etc., (using the label on the snack), the calculator will determine if the snack qualifies!

A list of approved products can be found at: www.healthiergeneration.org/productnavigator

Another list of healthy products: <http://www.johnstalkerinstitute.org/alist/>

Detailed information can be found at <http://www.fns.usda.gov/school-meals/smart-snacks-school>

You may also contact NDDPI Child Nutrition: Deb Egeland, Kaye Knudson, Linda Schloer, Shayna Griffiths, or Joe Oster at 1-888-338-3663 or Lesli Murch at 1-888-788-8901 for more information.